

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|---------------|---------|-----------|----------|--------|----------|--------|
| 5:30 | | 30 | 30 | 30 | 30 | 30 | 30 |
| 5:45 | | 45 | 45 | 45 | 45 | 45 | 45 |
| 6:00 | | 6 | 6 | 6 | 6 | 6 | 6 |
| 6:15 | Lap | 15 | 15 | 15 | 15 | 15 | 15 |
| 6:30 | | 30 | 30 | 30 | 30 | 30 | 30 |
| 6:45 | Swim | 45 | 45 | 45 | 45 | 45 | 45 |
| 7:00 | | 7 | 7 | 7 | 7 | 7 | 7 |
| 7:15 | | 15 | 15 | 15 | 15 | 15 | 15 |
| 7:30 | | 30 | 30 | 30 | 30 | 30 | 30 |
| 7:45 | | 45 | 45 | 45 | 45 | 45 | 45 |
| 8:00 | | 8 | 8 | 8 | 8 | 8 | 8 |
| 8:15 | H2O Exer | 15 | 15 | 15 | 15 | 15 | 15 |
| 8:30 | | 30 | 30 | 30 | 30 | 30 | 30 |
| 8:45 | | 45 | 45 | 45 | 45 | 45 | 45 |
| 9:00 | H2O Exer | 9 | 9 | 9 | 9 | 9 | 9 |
| 9:15 | | 15 | 15 | 15 | 15 | 15 | 15 |
| 9:30 | | 30 | 30 | 30 | 30 | 30 | 30 |
| 9:45 | Gentle Joints | 45 | 45 | 45 | 45 | 45 | 45 |
| 10:00 | | 10 | 10 | 10 | 10 | 10 | 10 |
| 10:15 | | 15 | 15 | 15 | 15 | 15 | 15 |
| 10:30 | | 30 | 30 | 30 | 30 | 30 | 30 |
| 10:45 | Camp Swim | 45 | 45 | 45 | 45 | 45 | 45 |
| 11:00 | | 11 | 11 | 11 | 11 | 11 | 11 |
| 11:15 | | 15 | 15 | 15 | 15 | 15 | 15 |
| 11:30 | | 30 | 30 | 30 | 30 | 30 | 30 |
| 11:45 | | 45 | 45 | 45 | 45 | 45 | 45 |
| 12:00 | | 12 | 12 | 12 | 12 | 12 | 12 |
| 12:15 | Lap Swim | 15 | 15 | 15 | 15 | 15 | 15 |
| 12:30 | | 30 | 30 | 30 | 30 | 30 | 30 |
| 12:45 | | 45 | 45 | 45 | 45 | 45 | 45 |
| 1:00 | | 1 | 1 | 1 | 1 | 1 | 1 |
| 1:15 | | 15 | 15 | 15 | 15 | 15 | 15 |
| 1:30 | | 30 | 30 | 30 | 30 | 30 | 30 |
| 1:45 | | 45 | 45 | 45 | 45 | 45 | 45 |
| 2:00 | Camp Swim | 2 | 2 | 2 | 2 | 2 | 2 |
| 2:15 | | 15 | 15 | 15 | 15 | 15 | 15 |
| 2:30 | | 30 | 30 | 30 | 30 | 30 | 30 |
| 2:45 | | 45 | 45 | 45 | 45 | 45 | 45 |
| 3:00 | | 3 | 3 | 3 | 3 | 3 | 3 |
| 3:15 | | 15 | 15 | 15 | 15 | 15 | 15 |
| 3:30 | | 30 | 30 | 30 | 30 | 30 | 30 |
| 3:45 | | 45 | 45 | 45 | 45 | 45 | 45 |
| 4:00 | Swim Lessons | 4 | 4 | 4 | 4 | 4 | 4 |
| 4:15 | | 15 | 15 | 15 | 15 | 15 | 15 |
| 4:30 | | 30 | 30 | 30 | 30 | 30 | 30 |
| 4:45 | | 45 | 45 | 45 | 45 | 45 | 45 |
| 5:00 | | 5 | 5 | 5 | 5 | 5 | 5 |
| 5:15 | | 15 | 15 | 15 | 15 | 15 | 15 |
| 5:30 | | 30 | 30 | 30 | 30 | 30 | 30 |
| 5:45 | Lap Swim | 45 | 45 | 45 | 45 | 45 | 45 |
| 6:00 | | 6 | 6 | 6 | 6 | 6 | 6 |
| 6:15 | | 15 | 15 | 15 | 15 | 15 | 15 |
| 6:30 | | 30 | 30 | 30 | 30 | 30 | 30 |
| 6:45 | Swim Lessons | 45 | 45 | 45 | 45 | 45 | 45 |
| 7:00 | | 7 | 7 | 7 | 7 | 7 | 7 |
| 7:15 | | 15 | 15 | 15 | 15 | 15 | 15 |
| 7:30 | | 30 | 30 | 30 | 30 | 30 | 30 |
| 7:45 | | 45 | 45 | 45 | 45 | 45 | 45 |
| 8:00 | | 8 | 8 | 8 | 8 | 8 | 8 |
| 8:15 | Adult | 15 | 15 | 15 | 15 | 15 | 15 |
| 8:30 | | 30 | 30 | 30 | 30 | 30 | 30 |
| 8:45 | Lap Swim | 45 | 45 | 45 | 45 | 45 | 45 |
| 9:00 | | 9 | 9 | 9 | 9 | 9 | 9 |
| 9:15 | | 15 | 15 | 15 | 15 | 15 | 15 |
| 9:30 | | 30 | 30 | 30 | 30 | 30 | 30 |
| 9:45 | | 45 | 45 | 45 | 45 | 45 | 45 |

